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Evaluate Nurses' Self-Assessment And Educational Needs In Term Of Physical Examination Of Patients In Hospitals Of Birjand University Of Medical Sciences

Shiva Pejmankhah *

Abstract

Introduction and Objectives : Evaluation is the first phase of the nursing process which can be obtained information from the patient and enables nurses to identify the nursing diagnoses , determine intervention for implementing and also it would be able to measure interventions as being efficient results. In consequence , clearly the nurses require to these skills and techniques which relate to physical examination and these should be included in their training programs as well as should be retrained them during their period of employment. The purpose of this study was conducted to evaluate and determine the self-assessment and the level of training needs of nurses in term of the health assessment of patients in hospitals of Birjand universities of medical science.

Materials and Methods: In this descriptive analytical study, the graduated working nurses were selected in hospitals of Birjand universities of medical science by simple random sampling. Tools of data collection were, the questionnaire was consisted of two parts: firstly, demographic characteristics (nine questions) and secondly the questions related to the main objectives of the study (38 items). The responses were arranged in two sections. First part of assessment was related to self-assessment into five categories (very good, good, average, bad, very bad) and the second part of that were the educational needs as three categories (advanced, middle and basal). The data were analyzed by using of software SPSS and statistical tests t Pearson correlation coefficient.

Results: There were 104 nurses were included (88/5%) females with a mean age $2/6 \pm 44/30$ and work experience $35/6 \pm 27/7$. The most samples were included ICU (15/4%), internal ward (13/5%), CCU and Emergency (6/10%) respectively. On average, the highest scores of self-assessment was linked to prepare approaches the blood and urine tests, electrocardiogram (ECG) and the lowest score was determined with how use and apply a Trans Aylvm Ynatvr. Also the highest level of training needs%55/8) of nurses in the advance level was related to blood , urine - Stools tests and for intermediate level was linked to (51/9%) how to prepare ultrasound of the abdomen and pelvis as well as chest radiography and for the basic level was (30/8%) how use and apply (MRI). On average the females had better self-assessment than meals but there was no significant statistic relationship for that. Also there was no relationship between ages, work experience with self-assessment.

Conclusions: According to one of the main factor for efficient implementation of care is a systematic approach, but the results of this study revealed that the nurses' knowledge to meet these needs was insufficient and the promotion of them seems to be essential by retraining during work.

* Corresponding author. Shiva Pejmankhah
E-mail address: shivapejmankhah@gmail.com

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Keywords: Nurse, health status, self-assessment, learning needs

Introduction:

Physical examination has been defined as a systematic process of collecting and analyzing health information which lead to decide on the health level of individuals, families and communities. Nurse carries out a careful observation and appropriate assessment and as result this information which is made decisions properly in term of patients' care plan (1).

Therefore, the nurses provide an accurate assessment and make necessary changes in the proposed plan of nursing care or even giving Suitable recommended care. Also, in addition the nurses are able to acquire the health history and physical examination which due to assist other medical personnel and diagnostic procedures to prepare patients' health assessment in both of physical and mental aspects (2 and 3). Since 1990, in the United States, Canada, Australia, the training of nursing skill has been started in 98% curriculum of undergraduate and developed ,however, it has become as an important part of preparation for the nurse to assess the health status and taking history of patient (4) In Iran according to the Supreme Council of the Iranian Ministry of Health and the Department of Planning , these courses added to postgraduate nursing too . Q Jrv [4, 5] represented that skill of physical examination is the crucial foundation of assessment and history of patients to consider that the nurses would usually be first persons to face patients and determine their status health. In order to having the ability as think critically and interpret client's behavior and physiology changes for nurses is very important. Furthermore, the development of nurses' skills due to decline the expenditures , assist to doctors' diagnose, and also improve performance in the management process (6 7,) Clearly, the training of health assessment skills for nurses provides the best references. By following that, the aim of this descriptive - analytical study was to assess the self- assessment and the level of training needs of nurses in term of the physical examination of patients.

Methods:

In this descriptive - analytical study 104 nurses were selected who were graduated and working in whether special or general wards in Vali Asr (AS) and Imam Reza hospitals which were affiliate of Birjand University of Medical Sciences by simple random sampling . Tools of data collection were questionnaire which was consisted of two sections. First part was demographic profile (9 Questions) and second part was questions related to the main objectives of the study (38 Items). The responses were arranged in two sections. First of that was the evaluation of self-assessment into the 5 Categories (very good, good, average, bad, very bad), and it was measured with the highest score for 5. And the lowest scores for 1. The indicators of physical assessment ,are including 1 - Interview and taking history, 2 - examination techniques 3 - preparation and application of suitable tools for examination 4 - preparation and application of diagnostic tests . And the second part was linked to the level of training needs as the three categories (advanced, intermediate and basic) and score 3 was devoted to a basic level and score 1 were presented as advance level. The validity and reliability of the questionnaire was evaluated and for content validity and test-retest consistency and coherence of response by Spearman [5] in two times of observation.

Finally, the data analysis provided by software. SPSS and test t Pearson correlation coefficient.

Results:

Out of 104 nurses were (5/88%) Female, 7/82% (married with a mean age $2/6 \pm 44/30$ and work experience $27/7 \pm 35/6$. Majority of the applicants were from (4/15%) ICU (5/13%), Internal ward %10/6 CCU and emergency respectively. Also the majority of them (8/78%) had the rotating shift and 5/88% of them who were not passed the training course in term of physical examination.

By considerably to physical assessment indicators, the results showed that evaluation of self-assessment about the section for taking history and interviews was the best score for the majority of the samples (92%).

Also in connection with the examination techniques (including observation, palpation, percussion, auscultation) averagely ,the most participants showed that the lowest score for percussion techniques related to cardiovascular system by $3/04 \pm 0/77$ while the highest point was for observation techniques of the body system by $70 / 0 \pm 57$.

For the tools of examination in self-assessment section the results showed that the participants gained the best score in the use of a Asttskvp devices (stethoscope) by $78/0 \pm 49/3$, however, the application had the lowest score $92/0 \pm 45/2$ in trans Aylvmynatvr .

While, the participants presented averagely the highest points in self- assessment section were linked to the application of tests libratory related to (blood, urine, stool and sputum) as well as ECG by $79/0 \pm 10/4$ and the lowest scores were the application and how to prepare (MR I) by $93/0 \pm 83/2$ and Spirometry by $93/1 \pm 96/2$ respectively .

Furthermore, evaluation of the physical assessment and the level of training need were determined the majority of participants 8/55%, had the minimum requirements for training needs in application of libratory tests (included blood urine, stool, spectrum) and it is felt by meaning that their education in this field of assessment was advance level but whereas, the maximum requirement 8/30%) was the application and preparation of MRI) and in the other word , the participants had the basic level (1/48.%) of education in this field . Also the majority (%51/9) of applicants demanded averagely the training needs in term of chest radiography and ultrasound of the abdomen and pelvis in basic level.

According to the findings, there was no significant correlation between the demographic characteristics and self-assessment, however, the females with constant contract of employment status and less than 5 years of work experience in special wards was better than meals about self-assessment (Table 1).

Table 1 - the Comparison of the nurses' demographic characteristics and the level of self- assessment in term of physical examination in hospitals Birjand University of Medical Sciences 1386

<i>Demographic</i>		<i>Average \pm standard error of assessment</i>	<i>Significance level</i>
Gender	Woman	$67/9 \pm 12/68$	11/0
	Man	$98/14 \pm 00/63$	
Status Employment	Official	$73/10 \pm 54/66$	57/0
	Contract - a contract	$94/11 \pm 37/69$	
	Projective	$32/9 \pm 16/68$	
Work Experience	Less than 5 Years	$67/9 \pm 69/68$	54/0
	10.5 years	$64/9 \pm 42/67$	
	More than 10 years	$22/13 \pm 63/65$	
Ward	General	$85/9 \pm 64/66$	33/0
	Special	$18/11 \pm 65/68$	
Retraining courses	Passed	$80/7 \pm 40/66$	75/0
	Served	$67/10 \pm 62/67$	

Discussion:

For a comprehensive assessment is demanded the appropriate theoretical knowledge, personal experience and other sources (8). The nurses are be able to collect and analyze the information by physical examination which it would allow them to perform a systematic process fluently to make decision for patients' plan and also they would be more efficient with interaction of other professional member of care team (9).

These finding data showed that the majority of nurses had the appropriate self-assessment. By considerably, the

nurse is able gather fundamental and accurate information in term of person's health status during the appropriate interview, and also interview can be the best priority for collection of information as well. Moradi illustrated in his study was entitled assessment of level taking history by nurses that (3/54%) the majority of applicants obtained the nursing history in most of the time while the minority of them (3%) had taken it as rarely or never occasion (10th).

On the other hand, the nurses would be performing physical examination to verify the accuracy of collected information and compare them with the standard resource to determine the normal or abnormal findings. (5) Nosrati and his colleagues illustrated in their research, with the aim of determination of nurses' performance for early diagnosis of malignancies after kidney transplantation that (60%) the most nurses gained good mark for physical examination and only a few of them received a poor or moderated mark 3% ,10%) respectively . And also the results indicated that the mean scores of participants were moderate in physical examination. Williams noted that the nurses should be expand the physical examination skill because of it would be as central component in the process of examination (1 2).

The findings showed that the majority of applicants were weakness in the field of application and preparation of the diagnostic tests in patients especially in MRI and in order to more training requirements were demanded in this subject. Also, Jalali described that nursing is one of the main occupation that requires considerably to professional staffs enough ,however, despite of this fact unfortunately, in Iran there are no enough attention to increase skilled nurse in this field (1 3). Zakeri and her colleagues found out in their research was called the clinical skills of nurses in special heart wards, that the assessment of patients was very weakness. (1 to 4)

Moreover, according to the results, there was no significant relationship between some of certain demographic characteristics and self-assessment. And also Galileans found in their study about the relationship between the use of chemotherapy and the role of protective equipment that there was no relationship between knowledge and work experience of participants (1 5) .As result, ability of clinical decision making can make a huge effect on the quality of care rather than other options and it provides the right opportunity for nurses . In consequence the experienced nurses can solve the problems unquestionably (1 6).

In addition, the majority of applicants who had not passed the retraining during the work ,however, adherence of legislation on behalf of the government it will be crucial important for nursing staff.(1 7).

Conclusions

As results, it makes clear that the physical assessment skills are essential for nurses to provide the best care in variable wards as well as it can be the best way to perform a proper health history and physical examination techniques. Therefore for decreasing the present problem and also providing the effective solutions, it has recommended to make training classes in term of physical examination to develop assessment skills and improve the quality of care.

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[1] ¹. Faculty Member, School of Nursing and Midwifery Zahedan University of Medical Sciences . Iran.